

## Lumpkin County Senior Center

Bring Water & Wear  
Comfortable Shoes



## FITNESS CLASSES\*

**\*Classes may be subject to a fee.**

See Fee Schedule or ask any staff member for more information.

### PLEASE NOTE:

**SilverSneakers INSTRUCTORS MAY SUBSTITUTE FOR ONE ANOTHER**

DAY	TIME	CLASS	INSTRUCTOR
Monday	9:30am – 10:15am	*SilverSneakers Classic	Angie Elmore, Joan Souders or Carol Ann Spooner
	9:45am – 10:15am	Balloon Volleyball (downstairs)	Paula Walker
Tuesday	9:30am – 10:15am	*SilverSneakers Classic	Angie Elmore
	9:30am – 10:15am	Chair Exercise (downstairs)	Paula Walker
	4:00pm - 5:00pm	Yoga Flow (\$5/class)	Paula Bingham
Wednesday	9:45am – 10:00am	Stretch & Flex (chair exercise)	Paula Walker
	9:00am – 9:45am	Tai Chi <b>for Beginners</b> 8/10 – 9/14 6/wk session-\$15 <b>no drop-ins</b>	Angie Elmore
	10:00am – 10:45am	Tai Chi – <b>Advanced*</b> 8/10 – 9/14 6/wk session-\$15 <b>no drop-ins</b>	Angie Elmore  <b>*Beginners Class is a prerequisite for attending Advanced Class</b>
Thursday	9:30am – 10:30am	*SilverSneakers Cardio	Joan Souders
	9:30am – 10:15am	Balloon Volleyball (downstairs)	Paula Walker
	4:00pm - 5:00pm	Yoga Flow (\$5/class)	Paula Bingham
Friday	9:30am – 10:15am	*SilverSneakers Classic	Carol Ann Spooner
	9:30am – 10:15am	Chair Exercise (downstairs)	Paula Walker